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Assessment of Burnout Syndrome Related to Life Events among Staff Nurses Working in Selected Hospitals of Guwahati

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ABSTRACT

Burnoutrelated to Life events have been associated with an increased risk of psychiatric morbidity**.**Excessive and prolong exposure to any form of stress related to life events leads to emotional, mental, and physical exhaustion. This study was conducted to assess the Burnout syndrome related to life events among the Staff Nurses working in selected Hospitals of Guwahati.

Methodology: 100 Staff Nurses were selected throughnon- Probability Convenient Sampling Technique from Swagat Hospital, Apollo ExcelCare Hospital, Descriptive research design was used to assess occupation burn out Syndrome related to life events using Modified Stress and Burnout Questionnaire .

Results: The study reveals that Majority 79 (79 %) of the respondents were in the age group of 21-30 years, Majority 52 (52 %) of the Staff Nurses have educational Qualification of GNM, Majority 34 (34 %) family monthly income were below 30,000, majority 78 (78 %) of the Staff Nurses were Unmarried, 22 (22 %) of the staff Nurses were Married, majority (54%) is working Ward, majority (57%) is working 8 hours , majority (62 %) is having total working experience below 3 yrs. Staff Nurses majority 44 % have moderate burnout level, Statistical significant association is found between Burnout level with age, Family monthly income, marital status, area of posting, total working hours and total working experience at 0.05 level of significance and no association was found between Education qualification and Burnout syndrome related to life events.

Keywords : Assessment, Burnout Syndrome, Life Events, Staff Nurses

INTRODUCTION

WHO recently declared burnout as a "occupational phenomenon" in the International Classification of Diseases 11th revision (ICD-11), recognizing burnout as a serious health issue. Amongst healthcare workers, nurses are known to struggle with burnout symptoms the most, carrying serious consequences for patients, other healthcare professionals and healthcare organisations[2].

Burnout affects quality and quantity of healthcare workers' services and care. Burnout affects quality and quantity of healthcare workers' services and care. Occupational burnout is a work place problem found throughout the world due to several conflicting goals. Burnout defined as a work related stress syndrome comprising symptoms of exhaustion and distant attitudes towards works it effect the job performance of the professionals leading to stress specially among nurses highly related in the international shortages in clinical care .

In addition burnout has been associated with lack of satisfaction of patient care and other important quality of care.[6]Burnout is destructive to the individual; it has been associated with the intention of giving up nursing , social dysfunction, somatic symptoms and symptoms of depression and anxiety.

Gradually there is an increase in the environmental stress due to complexities and changes of society. Life events not specifically in the workplace have been associated with an increased risk of a psychiatric diagnosis,it is expect that life events outside the workplace might significantly increase the levels of burnout.

Considering this knowledge on life events outside the workplace increase levels of burnout among Nurses might allow the development of specifically devoted to assist in dealing with life events and reducing the levels of burnout. This

study aimed to research the possible influence of life events outside the workplace on levels of burnout among Staff Nurses from selected Hospitals of Guwahati.

MATERIALS AND METHODS

Research Design-Descriptivesurveydesign wasused

Setting - Swagat Hospital, Apollo ExcelCare Hospital

Population – Staff Nurses working in Swagat Hospital and Apollo Excelcare Hospital

Sample Technique– Non- Probability Convenient Sampling Technique

Samplesize - 100 Staffnurses

Inclusion Criteria:

- Staff Nurses who are willing to Participate
- **S**taff nurses who have completed their nursing education (M.Sc[N] ,B.Sc[N ,PBBSc Nursing , GNM),
- Available at the time of data collection.

Exclusion criteria:
Staff nurses who are not willing to Participate and not available during the data collection

VARIABLES

Demographic variables ; asAge in years, Education Qualifications, Total family income/ month, marital status, Present area of working, Total working hours per day and Total Working experiences.

Independent variable : Burn out Syndrome

DATA ANALYSIS

Descriptive statistics- Demographic data was analysed in terms of frequencies, percentage, mean and standard deviation.

Inferential statistics- Chi – square was used to determine the association between knowledge and demographic variables.

Ethical Considerations

- Ethical permission were obtained from the Medical Superintendent, Nursing Superintendent and Management from both the Hospitals.
- Informed consent were obtained from the Participants

TOOL DESCRIPTION

Tool I
It include 7 items of Socio-Demographic Data**.**Such asAge in years, Education Qualifications, Total family income/ month, marital status, Present area of working, Total working hours per day and Total Working experiences.

Tool II
It include self administered Modified Stress and Burnout questionnaire , 3 point Likert Scale consist of 20 number of Questions
Score interpretations – Minimum Score = 0 Maximum Score = 40

RESULT

Majority 79 (79 %) of the respondents were in the age group of 21-30 years, 15 (15 %) respondents were in the age group of 31 – 40 years, 6 (6 %) respondents were in the age group of above 41 years, Majority 52 (52 %) of the Staff

Nurses have educational Qualification of GNM, 43 (43 %) of the Staff Nurses have educational Qualification of B.Sc Nursing, 5 (5 %) of the Staff Nurses have educational Qualification of Post basic B.Sc Nursing, Majority 34 (34 %) family monthly income were below 30,000, 26 (26 %) family monthly income were between 30,000 – 50000, 22 (22 %) family monthly income were between 50,000 – 70,000, 18 (18 %) family monthly income were above 70,000, majority 78 (78 %) of the Staff Nurses were Unmarried, 22 (22 %) of the staff Nurses were Married.

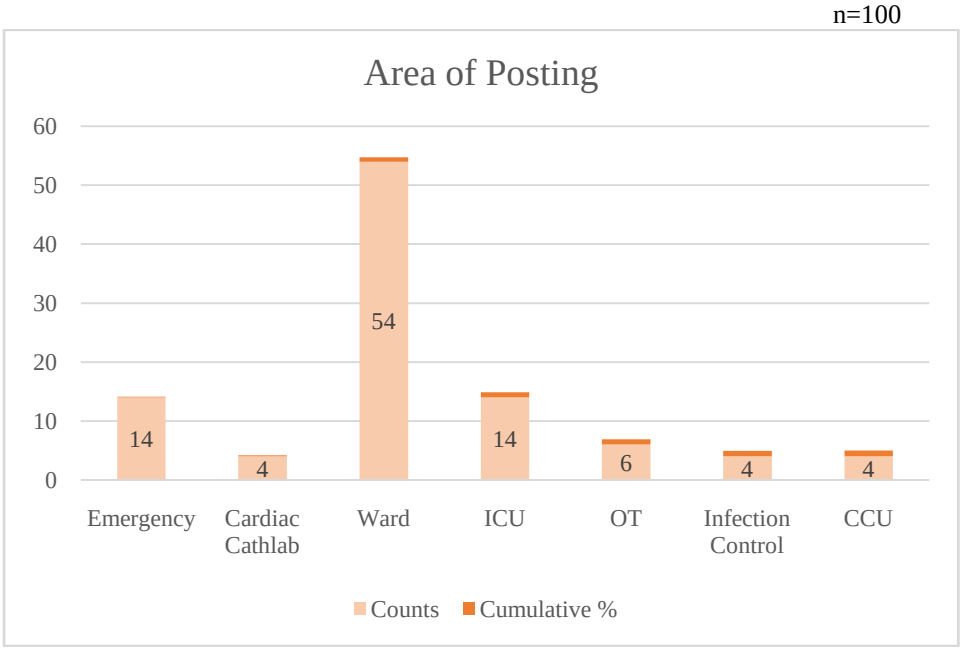

Fig 1: Bar Chart showing distribution of Staff Nurses according to their area of Working

Data indicated that majority (54%) is working Ward , (14 %) each is working in Emergency, ICU , (6 %) is working OT, (4 %) each is working in Cardiac lab, Infection control, CCU.

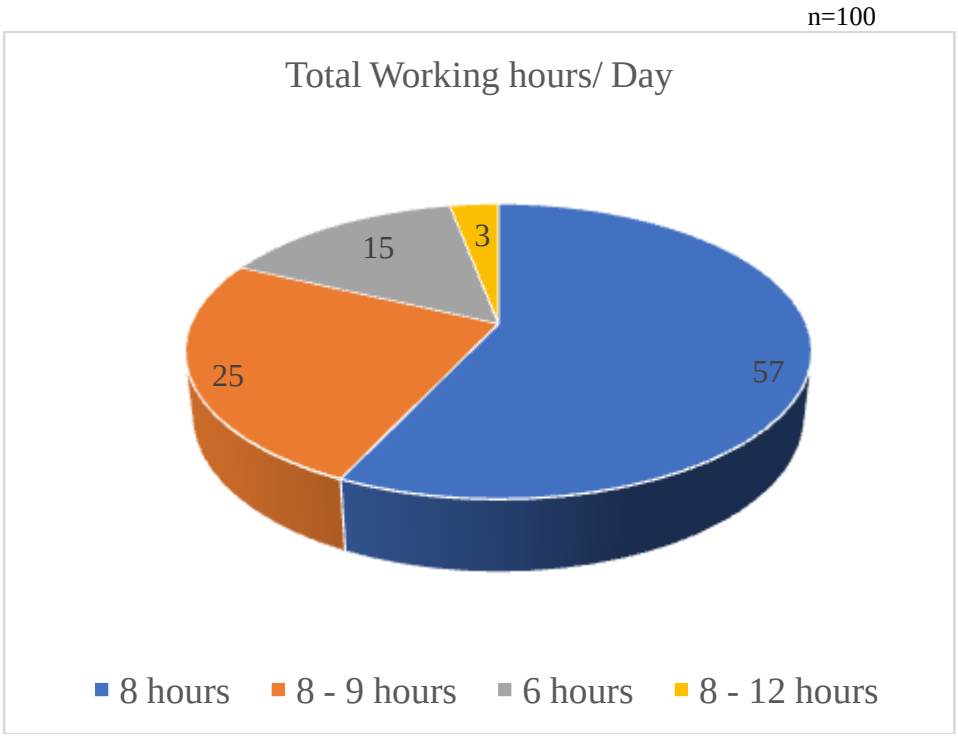

Fig 2: Pie Chart Showing Distribution Of Staff Nurses According To Their Total Working Hour/Day

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Data indicated that majority (57%) is working 8 hours , (25 %) is working 8 – 9 hours , (15 %) is working 6 hours, (3 %) is working 8 - 12 hours.

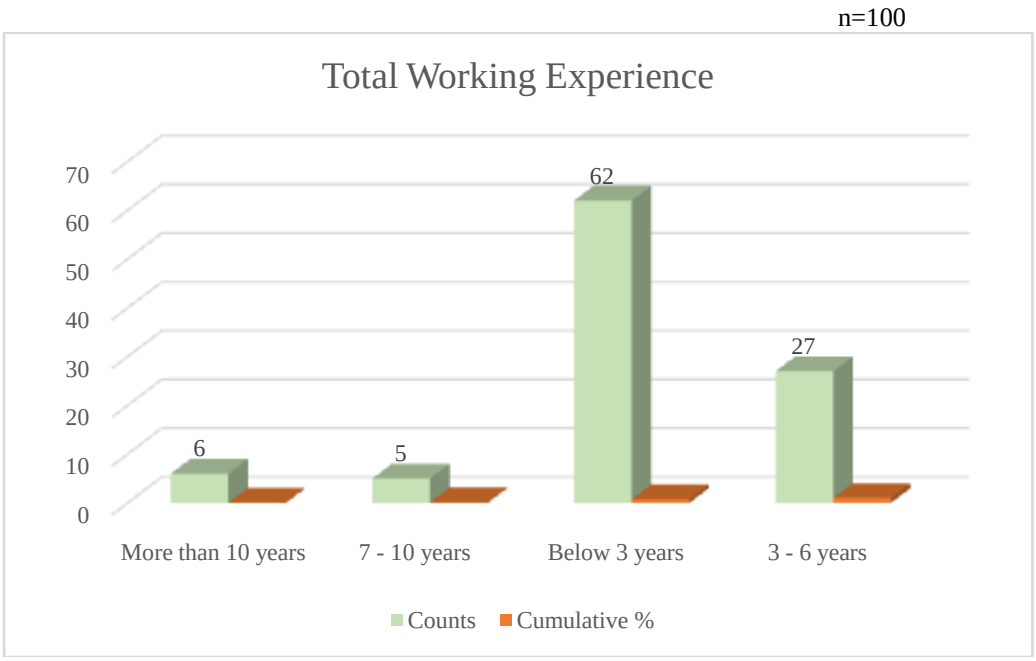

Fig 3: Bar Chart showing distribution of Staff Nurses according to their total Working Experience

Data indicated that majority (62 %) is having experience below 3 yrs , (27%) is having experience 3 – 6 yrs , (6 %) is having experience more than 6 yrs, (5 %) is having experience 7 – 10 years.

Table : 3 Frequency, Mean, Standard deviation distribution of Burnout score related to life event n=100

Burnout Level	Frequency	Percentage	Mean	Standard Deviation
Low	38	38	18.14	11.18
Moderate	44	44		
High	18	18		

Data indicate that among 100 staff Nurses majority 44 % have moderate burnout level , 38 % have low level and 18 % have high burnout level related to life events with mean value of 18.14 and 11.18 standard deviation.

Table : 4 Findings related to Association of Burnout level score and Socio-demographic Variables n= 100

Variables	Chi- Square $\chi 2$	df	P Value
Age	13.6	4	**0.009**
Educational Qualification	6.70	4	0.153
Family income/Month	18.7	6	**0.005**
Marital Status	10.3	2	**0.006**
Area of Posting	68.4	12	**< .001**
Total Working hours/Day	47.3	6	**< .001**
Total Working Experiences	12.8	6	**0.046**

Statistical significant association is found between Burnout level with age, Family monthly income, marital status, area of posting, total working hours and total working experience at 0.05 level of significance.

DISCUSSION

The findings of the present study indicate that Majority 79 (79 %) of the respondents were in the age group of 21-30 years, Majority 52 (52 %) of the Staff Nurses have educational Qualification of GNM, Majority 34 (34 %) family

monthly income were below 30,000, majority 78 (78 %) of the Staff Nurses were Unmarried, 22 (22 %) of the staff Nurses were Married, majority (54%) is working Ward, majority (57%) is working 8 hours , majority (62 %) is having total working experience below 3 yrs. Staff Nurses majority 44 % have moderate burnout level, The findings was supported by the study conducted by Tenzin Wosser et al (2024) on A Study To Assess The Burnout And Resilience Among Staff Nurses Working In Selected Hospital, New Delhi also found that majority of the samples that is 46.7% had moderate degree of burnout. Statistical significant association is found between Burnout level with age, Family monthly income, marital status, area of posting, total working hours and total working experience at 0.05 level of significance and no association was found between Education qualification and Burnout syndrome related to life events, The findings was supported by the study conducted by Meenu Jain et al (2019) on Professional Burnout in Nurses across India: A Cross - Sectional Study also found a Statistical significant association between academic, duration and work experiences.

CONCLUSION

Burnout syndrome related to life events among nurses can be dealt with support from family, friends, workplace and official bodies and organizations, by maintaining a good work-life balance, it is associated with feelings of hopelessness, and less positive outcome for qualityof care to patients.. Thus it must be identified at the initial stage with prompt interventionto generate productive quality of patient care outcome.

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